



## *Piranhagram- Week of December 19, 2011*



### **Coaches Report**

Hope everyone enjoyed their weekend off from meets. We had a great session at Tweak. All the swimmers had a good time and learned a lot. We will be working on more Tweak sessions after the New Year.

We still have many swimmers that have not met their 3 YMCA meet requirement to participate in our Championship season. To participate in any YMCA Championship Meets (Cluster, States, Zones etc) you must have swam in **THREE** YMCA meets (each day of a meet counts as 1 meet requirement).

### **If you haven't swam in 3 YMCA meets then you must enter into the MYM and FLY Meets.**

If you are not sure if you have met your meet requirements or have any other questions please e-mail Coach Colleen at [headcoach@ypac.org](mailto:headcoach@ypac.org)

Hope everyone has a great break from school and that we see you at practices. If you are not going to at practices for a long period please let your coach know.

Keep up the hard work!

Coach Colleen, Coach Qenton and Coach Jackie

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### **Important Dates:**

**December 19-30** – Holiday Practice schedule in effect

**December 21** – **FLY** and **Marlins** meet entries due to Black Box at Y by 7pm TODAY

**December 23** – Bowling Party at Thunderbird Lanes 12-3pm

**January 4** – Swim-a-Thon, GPG Meet entries due to Black Box at y by 7pm

**January 7 & 8** – FLY Meet

**January 14 & 15** – Marlins Meet

**January 15** – YMCA Officials Training

**January 20** – Swim-a-Thon Pledges due

**January 27-29** – GPG meet

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## **Bowling Party**

Friday, December 23 • 12 - 3pm. Thunderbird Lanes, 400 W Maple Road, Troy  
\$10 a person for 2 games, pizza and pop

**Must have already RSVP'd and submitted payment by this past Sunday, December 18<sup>th</sup>**

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## **Holiday Practice Schedule**

### **Dec 19 - 22**

|              |  |
|--------------|--|
| 10 & Unders: | Same time as usual, practice at the YMCA           |
| 11/12:       | 5:30-7:00, practice at FHS                         |
| 13 and ups:  | 5:00 to 7:00, practice at FHS (note earlier start) |

### **No practice**

- **Friday, December 23**
- **Sunday, December 25**
- **Monday December 26**

### **Dec 27-30**

**ALL swimmers in ALL age groups will practice during the day at FHS.**

|                     |             |
|---------------------|-------------|
| 8 and under:        | 9:30-10:30  |
| 9-10 swimmers:      | 10:00-11:30 |
| 11-12 swimmers:     | 11:00-12:45 |
| 13 and up swimmers: | 10:45-1:00  |

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## **Flint YMCA Falcons/Community Podiatry Group** **2012 Winter Invitational Swim Meet**

**Saturday, January 7th and Sunday, January 8th**

**Waterford - Mott High School**

1151 Scott Lake Road  
Waterford, Michigan 48328

**Entries due** to the Black Box at the Y **TODAY Wednesday, December 21, 2011 by 7pm.**

Please make checks payable to "South Oakland YMCA".

Meet packet is attached to the email, available on the website and on the bulletin board at the Y.

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**30th ANNUAL MACOMB MARLINS INVITATIONAL**

**January 14 & 15, 2012**

**L'Anse Creuse North High School**

23700 21 Mile Road  
Macomb, MI 48042

**Entries due** to the Black Box at the Y **TODAY Wednesday, December 21, 2011 by 7pm.**

Please make checks payable to "South Oakland YMCA".

Meet packet is attached to the email, available on the website and on the bulletin board at the Y.

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**GROSSE POINTE GATORS 4th Annual "ROMP IN THE SWAMP"**

**HOSTED BY: GROSSE POINTE GATORS SWIM CLUB**

**JANUARY 27 - JANUARY 29, 2012**

**Grosse Pointe South High School**

11 Grosse Pointe Boulevard  
Grosse Pointe Farms, MI 48236  
The pool is located in the John and Marlene Boll Athletic Center on Fisher Road.

**Entries are due** to the Black Box at the Y by **Wednesday, January 4, 2012 by 7pm.**  
Please make checks payable to "South Oakland YMCA".

Meet packet is attached to the email, available on the website and will be on the bulletin board at the Y tomorrow.

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## **2012 YPAC Swim-A-Thon** **January 4th, 2012**



Help raise much needed team funds by collecting for our Swim-a-thon!

The Swim-a-thon will take place during each age group's regular practice on January 4th. Pledges are taken per lap or as a flat fee. The laps will be counted on January 4. Swimmers are highly encouraged to participate; this event counts as a practice day!

100% of the money raised goes to the YPAC swim team to help pay for pool time and guard fees, to update equipment, to offset meet entries and other YPAC expenses. Attached is a pledge sheet. A family with more than one swimmer may use one sheet for both swimmers.

All donations are TAX DEDUCTIBLE as our team is a 501(c)(3) non-profit. If you see your family over the Holidays, it is a great time to ask for pledges. Friends and family are always willing to help out our team, but did you know many professionals like family doctors and dentists, as well as community businesses are willing to donate?

A prize will be given to the swimmer who collects the most pledges. Last year, Adam Siegel was our big winner, raising almost \$1,000 single-handedly! Pledges are due January 20 to the Black Box at the Y. All Checks should be made out to "South Oakland YMCA."